

Guidance for parents. This will provide an illustration to the level of understanding and knowledge expected on this subject in Year 3.

<b>Food Group</b>	<b>Nutrient (main)</b>	<b>Function</b>
Fruit and vegetables	<b>Vitamins</b> , e.g. Vitamin A and Vitamin C	Vitamin A is needed for night vision. Vitamin C is needed for the maintenance of healthy skin.
Potatoes, bread, rice, pasta and other starchy carbohydrates	<b>Carbohydrate</b>	Carbohydrate is the main source of energy for the body.
Beans, pulses, fish, eggs, meat and other proteins	<b>Protein</b>  <b>Minerals</b> , e.g. Iron	Protein is needed for growth and repair.  Iron is a mineral which is needed for healthy blood.
Dairy and alternatives	<b>Minerals</b> , e.g. Calcium	Calcium is a mineral which is needed for the growth and maintenance of strong bones and teeth.
Oil and spreads	<b>Fat</b>	Fat is needed for health, but in small amounts.

*Note: While it is appreciated that nutrients may be provided by more than one food group, at this stage of learning the information has been simplified provide a firm foundation of understanding. Only key examples have been provided.*